

DINNERLY



Low-Cal Chimichurri Chicken with Roasted Broccoli and Freekeh Salad



35 minutes



2 Servings

Change up your chicken routine with aromatic chimichurri spices. Freekeh studded with Craisins and roasted broccoli complete this flavour-packed, low-cal meal.

WHAT WE SEND

- 125g freekeh ¹
- 1 head broccoli
- 1 red onion
- free-range chicken tenderloins
- 5g chimichurri spice blend
- 30g Craisins

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1¼ tbs olive oil
- 1 garlic clove
- 2 tsp red wine vinegar ¹⁷
- ½ tsp honey

TOOLS

- medium saucepan with lid
- oven tray
- baking paper
- medium frypan

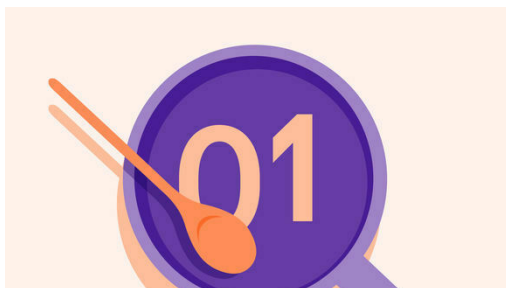
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

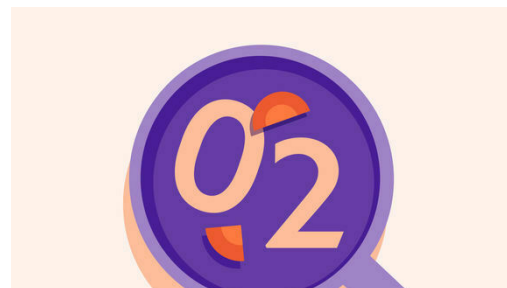
NUTRITION PER SERVING

Energy 590kcal, Fat 14.2g, Carbs 58.5g, Proteins 48.4g



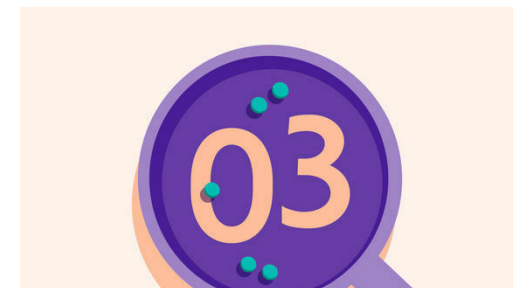
1. Cook freekeh

Preheat the oven to 220C. Fill a medium saucepan three-quarters full with water and bring to the boil. Cook the **freekeh**, partially covered, for 18-20 mins until tender. Drain.



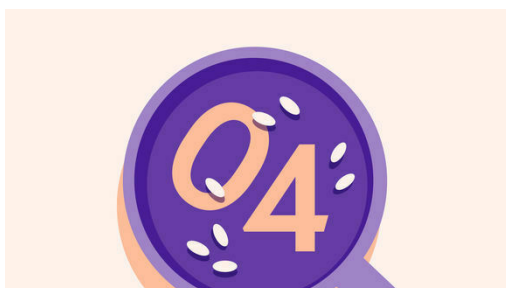
2. Roast broccoli

Meanwhile, line an oven tray with baking paper. Thinly slice the **broccoli** stem and cut the head into large florets. Cut the **onion** into thick wedges. Put the broccoli stem, florets and onion on the lined tray, drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Roast for 25 mins or until tender.



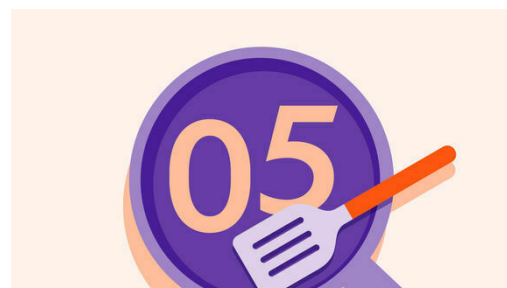
3. Marinate chicken

Crush or finely chop **1 garlic clove**. Put the garlic, **chicken**, **1 tsp chimichurri spice blend*** (see Make it yours) and **2 tsp olive oil** in a bowl, season with **salt and pepper** and toss to coat.



4. Pan-fry chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove the pan from the heat.



5. Serve up

Put **2 tsp red wine vinegar**, **1 tsp olive oil** and **½ tsp honey** in a large bowl. Season with **salt and pepper** and whisk to combine. Add the **freekeh**, **cranberries** and **roasted broccoli** and **onion** and toss to combine. Divide the **freekeh salad** and **chicken** among plates and enjoy!



6. Make it yours

Chimichurri has a slight chilli kick, so if you are cooking for someone who isn't keen on too much spicy heat, reserve some of the chicken from the marinade and simply season well with salt and pepper before cooking.